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## SPEAKING A NEW LANGUAGE



A series of 62 murals painted by at-risk, inner-city youth now brings a challenging but positive message to trail walkers than would the street graffiti it has replaced.

PHOTO ILLUSTRATION:  
KEVIN TUONG/FOR METRO

## Iveson pitches plan to lower tax bump

### NEIGHBOURHOOD RENEWAL

### Suspending levy would mean counting on grants



**Braeden Jones**  
Metro | Edmonton

Mayor Don Iveson hopes to shave the nearly five per cent annual tax hike that's been proposed until 2018 down to the "mid-threes," hoping recently promised provincial cash can help him do so.

At Monday's transportation committee meeting, Iveson proposed shrinking the proposed 4.9 per cent property tax hike by suspending an annual 1.5 per

cent tax Edmonton collects for rebuilding neighbourhoods — all without affecting the timeline of those projects.

The shift Iveson proposed would use new provincial municipal sustainability initiative (MSI) money promised in the provincial budget, as well as other savings administration identified, to cover the cost of rebuilding infrastructure in

aging neighbourhoods.

"I would not want to see (delays) happen or anyone be confused about the pace of work that needs to be maintained," Iveson said. "This is really about shifting the source of funding as new funding becomes freed up or available."

Since 2009, the renewal levy has been used to keep neighbourhoods — 70 per cent of

which were constructed before 1980 — from falling into disrepair.

"My proposal sees the work in 2016 continue for sure," he said. "How we are going to meet it in 2016, 2018, I can't tell you right now."

He's "optimistic" that promises made on parliament hill and at the legislature will yield more direct transfers of

funds to municipalities.

"I think if those come through, being able to use those for the state of good repair of basic infrastructure like this is what municipalities have been asking for all along," he said, adding that if the money is there, the city may be able to suspend the levy "permanently."

"If it doesn't ... we can reinstitute (the levy)."



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# Low-income bus pass gets half fare — for now

## COUNCIL

### Costs likely to rise for other riders

**Braeden Jones**  
Metro | Edmonton

Edmonton city councillors want to create a bus pass that's affordable for people making smaller incomes, but they're struggling to find the money to pay for it.

The low-income pass would cost \$35 per month, 60 per cent less than the current standard price, and be sold to people who can prove their annual income is below the federal low-income cut-off.

"There is a general agreement we should do this," said Mayor Don Iveson on Monday. "That mobility could be life changing for certain families."

Councillors heard Monday that up to 20,000 people would buy the pass monthly by the time it reaches full demand, in 2018, at which point its draw on the operating budget would be \$8.4 million.

But Iveson said funding such a social program raises questions about whether it's fair for municipal property-tax payers to fund "income support for poor Albertans,



Council is deliberating over a low-income bus pass and cost increases to regular fares. METRO

who happen to be over-concentrated in the big cities."

To lobby for that not to be the outcome, Iveson said he'll meet with Premier Rachel Notley to discuss the low-income transit-pass idea and other jurisdictional issues and costs next week.

Councillors voted Monday

to consider providing half the money needed to create the pass in their upcoming budget.

Before Monday, the proposal had no money devoted to it. Iveson also directed administration to figure out how the pass would be rolled out.

"I think for implementa-

tion we've got a couple more things to explore," he said.

The strategy administration pitched Monday is to sell the pass at city hall, the Clareview Recreation Centre, the Millwoods Recreation Centre and the St. Francis Xavier Sport Centre.

Iveson said those areas

## + PROPOSAL

### General fare increases

A full schedule of fare increases was also on the table Monday, and council voted to forward all but the cash-fare increase through to budget deliberations unchanged.

For that fare, council opted to hold its increase at \$3.25 until at least 2018, rather than increasing to \$3.50. Iveson said that gave the city time to finish its significant public consultation on its 10-year transit strategy and implement its smart-fare system.

The proposed increases across the board for all passes would be the first bump in fares since 2013. If approved, a monthly pass could increase from \$89 this year to \$91.50 in 2016, \$94.25 in 2017 and \$97.00 in 2018.

made sense, but there are "17 front counters" around the city to take advantage of to make them even more available; libraries.

"I think (we should look into) exploring the opportunity for those to be service delivery points for low-income bus-pass distribution," he said.

## OIL AND GAS

### Owners of tainted farm seek justice

An Alberta family whose farmland has been tainted by chemical contamination has asked the province's energy regulator to force the responsible companies to negotiate compensation.

"These are very solid facts upon which the regulator can demonstrate it does have the ability to be an enforcer when things go wrong," said Keith Wilson, lawyer for Ron and Lonni Saken.

The Sakens were informed in 2014 that groundwater under their dairy farm — which has been in the family since 1929 — was contaminated by a solvent used in the treatment of sour gas.

That solvent comes from a gas plant owned by Bonavista Energy, which bought the plant from Suncor in 2010. Bonavista's studies show the leaching began years before it bought the plant.

Experts say it will be at least a decade before the groundwater is safe and will more likely take 30 years or longer. Meanwhile, the contamination prevents the Sakens from selling their farm or borrowing against it.

The Alberta Energy Regulator has ordered Bonavista to truck at least 9.5 million litres of water a year to the farm. Bonavista has complied. But it is only a stop-gap, said Wilson. He points to provisions that allow the agency to direct companies to attend a dispute resolution meeting.

His letter to the regulator asks it to force both Bonavista and Suncor to do so. THE CANADIAN PRESS

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John Kinross Kennedy and Mayor Don Iveson unveil the medals, including the Victoria Cross, that will be on display at City Hall. RYAN TUMILTY/METRO

# Piece of wartime history hits home

## FIRST WORLD WAR

## Cecil Kinross' Victoria Cross now viewable at City Hall

**Ryan Tumilty**  
Metro | Edmonton

Pte. Cecil Kinross' Victoria Cross is a piece of wartime history that tells of heroism amidst a devastating battle, and it will now be viewable to the public at Edmonton City Hall.

A member of the Loyal Edmonton Regiment, Kinross was front and centre at the outfit's darkest day when nearly three quarters of the soldiers died at the battle of Passchendaele during the First World War.

With horror unfolding all around him, Kinross earned his medal by charging enemy lines and taking out a machine gun post that was pin-

ning down his fellow soldiers.

John Kinross Kennedy, Cecil's nephew, said it was important the medal had a place where everyone could see it.

"We thought that because Cecil had joined the regiment here, his medal really belonged to the people of Alberta and particularly Edmonton," he said.

Kinross Kennedy has been the custodian of the medal for the last 25 years and had many offers to purchase it.

The rarity of the medal has driven up the price for collectors with a British medal garnering \$550,000 at an auction in 2012.

He said when his uncle returned from the war, Alberta helped him, so it made sense to give it to the public.

"The people of Alberta looked after him. It was said he never bought a beer for the rest of his life."

Kinross' medals, including the Victoria Cross, will be installed inside the lobby of the mayor's office at city

## + AWARDS

Only 99 Victoria Crosses have been awarded to members of the Canadian Military since before the 1899 Boer War. The medal is awarded in all Commonwealth countries, and 1,351 having been awarded worldwide. All Victoria Crosses are made from the metal of captured Russian canons and bear the inscription "for valour."

hall and will be available for anyone to view.

Mayor Don Iveson said the city is overjoyed to be taking possession of such an important part of the city's history.

"This is monumental for the city of Edmonton to be entrusted with Cecil Kinross' group of medals," he said. "Cecil Kinross' story of bravery is an inspiring story for all of us."

Lt. Col. Kevin Weidlich, the current commander of the Loyal Edmonton regiment, said both Kinross and his family today were examples of utter selflessness.

"His selflessness also served as an example to the rest of us," he said. "Your gift of the Victoria Cross is an opportunity for Canadians to reflect on that behaviour."

Kinross Kennedy said Alberta has a proud history of respecting the people on the front lines.

"You revere the common man. The ones who held the rifle, who fired the shots. The ones who did the work," he said.

## CEREMONIES

### Scheduled Remembrance Day events in Edmonton

— **City Hall**: The service at City Hall will begin at 10:10 a.m. on Wednesday and will be led by the commanding officer of the Loyal Edmonton Regiment. The ceremony will begin inside, but will then move outdoors to the cenotaph.

— **University of Alberta "Butterdome"**: Guests are

asked to be seated at the ceremony at the University of Alberta at 10:10 a.m. on Wednesday for a ceremony that will include Lt. Gov. Lois Mitchel.

— **No Stone left Alone**: Junior high school students and others will attend Beechmount cemetery for the annual ceremony that will see the students place poppies on the graves of fallen military members. The service begins at 10:30 a.m.



## ELECTION

## Ward 12 gets a fourth candidate

Ralph McLean is fresh off one election and looking to contest another, as the recent federal Green Party candidate is entering the race for Ward 12.

McLean, who flew the Green Party flag in an unsuccessful bid in Edmonton Mill Woods, said he believes he's well positioned to take over where the person who beat him at the polls in October, Amarjeet Sohi, left off.

"The same platform I ran on with the Green Party is what the city has a vision for," he said.

McLean said Sohi's departure has created a "large vacuum," meaning it's important to elect the right person for the position.

He said his background in

road construction and oil and gas provides that.

McLean said he wants to represent the Mill Woods area, because he lives there and it's one of the best parts of the city.

"I love the inclusiveness of Mill Woods," he said. "There is no other part of the city I would want to move to."

RYAN TUMILTY/METRO



**The same platform I ran on with the Green Party is what the city has a vision for**

Ralph McLean



**CATTLE CALL GETTING READY FOR THE FANS** A cow in a pen at Northlands is one of hundreds of animals in the city for the Farmfair International, an Edmonton tradition for decades. KEVIN TUONG/FOR METRO



Mayor Don Iveson said he hopes the city will take a pass on creating a "sunshine list" of employee salaries. METRO FILE PHOTO

# Mayor opposes disclosing salaries

## PUBLIC SPENDING

## City already lists pay ranges for municipal jobs: Iveson



**Ryan Tumilty**  
Metro | Edmonton

Mayor Don Iveson doesn't want to create a "sunshine list" for city-employee salaries, despite new provincial legislation that would make it far easier to do so.

Last week, the province introduced Bill 5, which if passed will significantly

expand disclosure of salaries to include almost everyone working for the province or public sector who makes more than \$125,000 a year.

But the disclosure is not mandatory for municipalities and school board employees, who also are paid from the public purse.

Instead, the province has given them the option of creating their own list, or not.

The city already discloses salary ranges for every job, Iveson said, not just those above \$125,000. He said, he sees no reason to create a list with individual employees, like the provincial government.

"They really put the empha-



**I am not sure it's anybody's business what an individual makes by name.**

Coun. Michael Oshry

sis on the individual rather than on the job," he said. "The question every taxpayer has a right to know is how much money are people paid for the work that they do."

Council salaries and the city manager's pay are already disclosed publicly, but Iveson said publishing the salaries

of every city employee making more than \$125,000 per year would lead to salaries inflation, as people compared their pay with others.

And, he said, the province made the right call in allowing municipalities to choose what they want or can do with disclosure.

"I think ordering us to would cost us a lot of money, just like it's costing them a lot of money," he said.

Coun. Michael Oshry echoed Iveson's sentiments.

"My view is that it causes more aggravation that is it worth."

"I am not sure it's anybody's business what an individual makes by name," he added.

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# Daddy Boot Camp drills are fun

## PARENTING

## Radio host starts program for dads to bond with kids



**Andrea Ross**  
Metro | Edmonton

Edmonton Radio personality Yukon Jack might be best known for his “big yap,” but puppet making and storytelling are some of the other tricks he has up his tattooed sleeve.

The host from The Bear has started a Daddy Boot Camp with the Edmonton Public Library as an opportunity for kids and their dads to play, learn and connect with each other.

The library offers numerous other literacy programs for parents, but Jack said he noticed they were usually mostly attended by mothers and their children.

“I see there’s an awful lot of really great programs out

there for moms and new moms, and I understand that, because they’re generally the primary caregivers in a traditional household,” he said.

“I think this is a good opportunity for fathers to show other fathers that being silly and checking your ego at the door is ultimately what’s better for your kids.”

The Daddy Boot Camp runs each Saturday at 11 a.m. from Nov. 7 to Dec. 12 at EPL’s Meadows branch in southeast Edmonton.

The free program is tailored for children aged five to nine, but Jack, who has two sons under the age of two, said younger children are also welcome to join in on the fun.

Parents and kids are also free to come and go from the 45-minute session, which includes activities like animated story telling, puppet making, karaoke and making gingerbread houses.

“We weren’t really looking for hard structured, educational activities... just an excuse for dads to be out and be with their kids without moms supervision,” Jack said.



**Kids and dads, at the library: Radio Yukon Jack has started a Daddy Boot Camp with the Edmonton Public Library.** SUPPLIED/EPL

“It’s more about the time spent together than the activity that you’re doing.” Jack said around 46 dads

and their children attended the first session, a turnout he said he wasn’t expecting. He’s already considering expanding

the program.

“I would have been thrilled if there were a dozen. I was totally blown away,” he said.

“Hopefully this is something that can grow, because I know there is a need for it, and that shows there’s a need for it.”

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## OIL

## Rail transportation could increase

A company wants to expand its rail facility southeast of Edmonton so it can load more trains with Alberta crude for shipment across North America.

USD Terminals Canada says its rail terminal near Hardisty, Alta., can already load up to two trains each with 120 railcars a day.

The Canadian Environmental Assessment Agency says USD is proposing to double that capacity by building and operating new rail tracks and loading infrastructure. "As proposed, the Hardisty Rail Terminal Project would allow the existing facility, which currently transloads light crude oil from pipeline to railcar, to handle a wider variety of products such as propane, butane, and heavy crude oil," the agency says on its website.

"The facility's loading capacity would also increase, going from two to four 120-car trains per day and allowing shipments to be brought in by truck."

The federal agency says it is determining whether an environmental assessment is required. It is inviting public comments until the end of the month on the proposal and what it calls its "potential for causing adverse environmental effects."

USD officials were not immediately available for comment.

The company's website says its Hardisty facility, which began operating in June 2014, is connected to a main Canadian Pacific Railway line that has the ability to connect to all the key refining markets in North America.

THE CANADIAN PRESS



The Art Gallery of Alberta hopes to double the annual visitors by offering more free admission events. KEVIN TUONG/FOR METRO

# Art gallery pitches future, and it's free

## CITY COUNCIL

## AGA looking for \$250,000 grant to offer open days



Ryan Tumilty  
Metro | Edmonton

The Art Gallery of Alberta wants to let you in the door for free — but how often they can do it and when will depend on money they're currently seeking from city council.

On Tuesday, the gallery pitched councillors a three-year

business plan that includes moving towards free admission more often, but also requires an annual \$250,000 grant from the city.

Gallery board chairman Darcy Trufyn said the organization hopes free admission will bring more people through the door, which would add more customers to the gift shop and make the gallery more attractive to corporate sponsors and other donors.

He said the few free admission days they currently offer see markedly more people through the door. "The attendance of the gallery increases dramatically," he said. "We can bring in, in one day, what we sometimes bring in a month."

66

**We can bring in, in one day, what we sometimes bring in a month.**

Darcy Trufyn

Free admission, according to the AGA plan, would drive attendance from 200,000 people yearly to 400,000, over the next few years.

The city already provides \$1.25 million to the gallery each year, through the Edmonton Arts Council.

Trufyn said offering free admission to the gallery would happen gradually and if coun-

cil doesn't provide the grant, the AGA may have to look at making the change even more slowly.

Coun. Michael Walters said the \$250,000 will have to be sorted out with all of the other requests as the council determines priorities during budget deliberations, but was pleased with the AGA's business plan.

"It comes with an excellent strategy over the next five years to get to that level of sustainability, so I feel more comfortable with it," he said.

"The Art Gallery of Alberta is one of Edmonton's great treasures and I think this council and all council's in the future will do whatever they can to make it successful."

## HEALTH

## Broken cyclotron back in service

A machine used to treat cancer patients and others requiring PET scans is back in service after it was broken for a month.

The cyclotron — a machine that creates the radioactive material fluorodeoxyglucose (FDG) needed for PET/CT imaging scans — was shut down in October due to mechanical issues. Alberta Health Services said the machine is now running at full capacity and began operating on Friday.

AHS is now rescheduling the 365 patients whose scans were put on hold because of the breakdown and expect the backlog appointments to be completed within three to four weeks. They say scans will be booked based on urgency and more scans will be offered

every day and on weekends to account for the backlog.

365

**AHS is now rescheduling the 365 patients whose scans were put on hold.**

PET/CT scans are done to diagnose

cancer, dementia and epilepsy. They show detailed images of cell function in the body. Edmonton's cyclotron also produces enough FDG to supply hospitals in Calgary.

AHS said despite the shutdown, FDG sourced from other provinces allowed for 70 of scans to be completed as the cyclotron was being repaired. Other scans, including regular CT scans, were not affected.

AHS is now working with the province for solutions in the event the cyclotron breaks again. METRO STAFF

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# NDP 'confident' in Sohi

## POLITICS

### Liberal plan for infrastructure 'good news' for province

Alberta's infrastructure minister is singing the praises of his new federal counterpart — former Edmonton city councillor Amarjeet Sohi.

The federal Liberals promised during the election campaign to boost infrastructure spending by almost \$17 billion over the next four years. The effort would be financed through three years of deficits.

The majority of the new spending — \$10.05 billion — is planned to happen in the next two years, with another \$6.9 billion earmarked for the last two years of the Liberal mandate.

"If that platform is in fact implemented, that's very good news for infrastructure in the province of Alberta and across the country," Brian Mason, Alberta's minister of infrastructure and transportation, said Monday.

Mason said he knows Amar-



New cabinet minister Amarjeet Sohi is sworn in last week in Ottawa. THE CANADIAN PRESS

jeet Sohi well and the two men have a lot in common.

"We both worked for Edmonton Transit and drove buses. We both went on to serve terms on Edmonton city council and we both ended up as infrastructure ministers," Mason said at a news conference in Calgary.

"I'm very confident we're go-

ing to have a very good and positive working relationship because I think both of us are interested in transportation issues and making our cities, towns and counties work."

Mason said he has already met with Sohi since he was appointed to Prime Minister Justin Trudeau's cabinet last week.

"In fact we took a selfie together."

Mason announced the province plans to spend \$119 million to support rehabilitation and construction of roads and bridges in Alberta's smaller municipalities.

"It helps them with resource roads," he said. "As you know,

**"I think both of us are interested in transportation issues and making our cities, towns and counties work."**

Brian Mason

there is resource traffic that can have a heavy impact on local roads so we'll help them in dealing with that."

As well, talks are to begin next year with municipal partners and key stakeholders to restore a transportation infrastructure program which had its funding cut in 2013 by the previous Conservative government.

The extra cash was welcomed by municipal officials.

"Our industries rely on our transportation network to move goods to market quickly and efficiently, and Albertans everywhere depend on safe access to jobs and emergency services," said Al Kemmere, president of the Alberta Association of Municipal Districts and Counties.

THE CANADIAN PRESS

## COURT

### Council reviews judge for remarks in sex assault case

A council is reviewing the remarks of a Federal Court justice who asked a sexual assault victim why she couldn't keep her knees together.

The Canadian Judicial Council says it will review a decision made by Robin Camp when he was a provincial court judge in Alberta.

In June 2014, Camp acquitted a man of sexual assault against a 19-year-old girl after deciding that the accused man's version of the events was more credible.

Camp's verdict was overturned on appeal.

But two law professors launched a complaint against Camp's remarks during the trial, saying they showed the judge held opinions long discredited in Canadian law.

A statement from the Federal Court says Camp is co-operating with the investigation and will not hear any cases involving sexual issues while it is underway.

THE CANADIAN PRESS

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**CRACKLE AND GLOW** A Saskatchewan photographer captured a huge fireball as it streaked across the night sky over Ralph, Sask. on Nov. 8. Bill Allen's spectacular photo has been viewed and shared thousands of times on social media. It's believed the fireball was part of the Taurid meteor shower that's expected to peak this week. COURTESY OF BILL ALLEN/THE CANADIAN PRESS



## McKenna gives OK to dump sewage in river

### ENVIRONMENT

### Asks Montreal to create, meet conditions for huge discharge

Environment Minister Catherine McKenna has green-lighted Montreal's plan to discharge eight billion litres of untreated sewage into the St. Lawrence River if certain conditions are met.

McKenna told reporters from Paris she's asking the city to implement several measures before dumping the waste water such as monitoring the discharge and to improve emergency-planning clean-up measures.

She says the discharge can begin as soon as the conditions are met and must be completed by Dec. 5.

Montreal Mayor Denis Coderre has said the dump is necessary because the city must temporarily close a large sewer that feeds sewage to a treatment facility and alternative solutions would be too costly.

In mid-October, the discharge plan was suspended by the previous Conservative government, which appointed an independent panel of experts to determine if the waste water would be acutely toxic. The panel's report was released Friday and stated the risks of waiting were greater than the city's plan to dump the sewage into the river. THE CANADIAN PRESS

### + PREPARING FOR COP21

#### Greenhouse gas target should be considered floor for future action: McKenna

Canada's national target set by the Conservatives for cutting greenhouse gas emissions should be considered a floor for future action, federal Environment Minister Catherine McKenna said Monday.

The new Liberal government has so far refused to set a carbon reduction target in advance of the COP21 international climate conference that begins at the end of the month, citing the need

to consult with the provinces before putting in place a credible national plan.

McKenna is in Paris attending ministerial meetings in advance of COP21, where the international community hopes to set in place a post-2020 framework for global action on climate change.

The key, she said, is "to figure out what you can actually do. You can have a target, but you have to be able to meet the target and you have to take concrete actions toward those targets."

THE CANADIAN PRESS

### RBC

## Youth optimism on steady decline: Survey



**Jessica Smith Cross**  
Metro | Toronto

Right around the time teens hit adulthood, their outlook on their future becomes considerably less rosy, a major Canadian bank has found in a new survey.

RBC commissioned an in-depth survey on the optimism of youth, released Tuesday, that found the numbers of 18- to 21-year-olds who say they're happy, have a positive outlook on life and are excited about

their future are 15 to 25 per cent lower than teens aged 14 to 17.

Lauren Friese, founder of TalentEgg, a service that connects youth with jobs, collaborated with RBC on the survey.

The survey indicates that the optimism of youth falls off significantly when those youth — told all their lives to follow their passion in their careers — discover that might not be easy or even possible, she said.

"There's a big group of people in school today being told it's important to find

meaning in their work and follow their passion. It's putting all these expectations on them, but every story in the media and every statistic tells them, 'It's going to be hard for you; it's going to be harder than previous generations for you,'" she said. "When you get to the workplace, expectations and realities are not in line."

Friese's advice is to help young people try out different career paths in internships and extracurricular activities until they discover what both makes them happy and is feasible.

### + HAPPINESS

#### Adulthood vs. adolescence

The Ipsos Reid survey, commissioned by RBC, showed declines in the percentages of 18- to 21-year-olds who said they were happy, compared to 14- to 17-year-olds. Happiness was down 26 points for males (to 59 per cent) and down 16 points for females (to 66 per cent).

2015 RBC YOUTH OPTIMISM STUDY



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## CANADA WIDE CLEARANCE



# Opinion split on Canada's youth: Poll

## REMEMBRANCE DAY

### Demographic regarded as less appreciative of war veterans

Canadians overwhelmingly find Remembrance Day as relevant today as when it began nearly a century ago but are split on whether younger generations properly appreciate and honour the country's veterans, according to a new survey released days before the ceremony.

The poll commissioned by Historica Canada found that 82 per cent of Canadians believe the annual tribute is as important now as it was shortly after the First World War.

Only slightly more than half (54 per cent), however, feel today's youth "do a good job" of honouring veterans, and slightly fewer than half (46 per cent) think young people understand the sacrifices of those who have died in conflict.

Even those under 35 are torn, with only 54 per cent saying young people recognize veterans' sacrifices — in itself



A woman photographs thousands of Canadian flags placed in honour of Remembrance Day in Toronto on Monday.

NATHAN DENETTE/THE CANADIAN PRESS

a sign of engagement, Historica Canada's president said.

"When the answer among youth themselves is split as to whether they sufficiently care or not, if you're saying, 'Yeah, I don't actually know if I care as much as I should,' in effect you're really saying, 'I do care



**I think there's a tremendous awareness among all Canadians that our veterans from (the Second World War) are now generally in their 90s.**

Anthony Wilson-Smith

because I've taken the trouble to think about that," Anthony Wilson-Smith said.

Overall, the importance Canadians attribute to the Nov. 11 commemoration has risen slightly in the decade that Historica Canada has been polling on the topic, Wilson-Smith said.

# 79%

The percentage of respondents who said they will wear the traditional poppy to mark Remembrance Day.

# 91%

The percentage of respondents who believe Canada should do more to honour its veterans.

Support for making Remembrance Day a national holiday has remained steady since 2012 at 85 per cent.

While it is currently a federal statutory holiday, only six provinces deem it a day off.

But some believe the switch would turn Remembrance Day into another holiday spent shopping or socializing and detract from the date's significance.

THE CANADIAN PRESS

## IN BRIEF

### Liberals capitalize on Trudeau's '2015' quip

What do you do when a newly elected prime minister's quip grabs international attention? Put it on a T-shirt and make some money out of it, of course.

The Liberals are doing just that with Justin Trudeau's "Because it's 2015" comment in reference to choosing a gender-balanced cabinet. The shirts, emblazoned with the words "50/50: Because it's 2015 - PMJT" are being offered to supporters who donate a minimum of \$100 to the Liberal Party within the next two days. METRO

### Stephen Harper accepts ride to Calgary in VIP jet

He pulled up for the first meeting of the Opposition Conservative caucus in a basic minivan, but Stephen Harper flew home in style.

The Canadian Press has learned that thanks to an offer by Prime Minister Justin Trudeau, Harper returned to Calgary last week aboard a government-owned VIP Challenger jet. Previous Liberal governments' use of the luxury planes was among the things Harper used to needle them about when he was Opposition leader. THE CANADIAN PRESS

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## MIGRATION

### Air Canada offers to help Syrian refugees

Plans to resettle 25,000 Syrian refugees by year's end could involve assistance from commercial air carriers, at least one of which has already offered space on its planes to the Liberal government.

Air Canada reached out to the new government following the election, offering its services to help ferry people to Canada as they flee the ongoing civil war and other unrest in Syria.

Though the airline can't fly directly into Syria itself, it could land planes in Istanbul as well as Beirut; an estimated 1 million people in Lebanon have registered with the United Nations as refugees from the conflict.

"Air Canada has offered to co-operate with the federal government to the fullest extent possible in any operation to transport Syrian refugees," spokesman Peter Fitzpatrick said in an email.

"At this point, however, we have only exchanged preliminary information."

Commercial aircraft are one of a range of options the government is exploring, Immigration Minister John McCallum said

Monday as he announced a new cabinet committee specifically tasked with overseeing the resettlement program promised during the election campaign.

Other options include ships and military planes, and the government is also exploring housing refugees in old military bases.

"Every option is on the table," McCallum said. "Whatever works, what is cost effective, whatever will get them here safely and quickly."

Health Minister Jane Philpott is the head of the committee, which also includes McCallum and the ministers of heritage, public safety, foreign affairs, international development, defence and democratic institutions.

McCallum said the government is currently pinpointing refugees in three countries: Lebanon, Jordan and Turkey.

United Nations officials in Geneva and in the refugee camps and cities in those countries are also being consulted. The selection of the 25,000 would be done in concert with the global refugee agency.

THE CANADIAN PRESS



**Every option is on the table.**

Immigration Minister John McCallum on moving refugees safely and quickly





Workers tend to the scene of a train derailment in Watertown, Wis., on Monday. WISCONSIN STATE JOURNAL/JOHN HART/ THE ASSOCIATED PRESS

# Crude-oil cleanup goes on

CANADIAN PACIFIC RAILWAY

## Derailed train in Wisconsin keeps dozens of families out

Contractors worked to clear more than a dozen derailed cars of a loaded Canadian Pacific Railway train Monday after thousands of litres of crude oil spilled from one tanker, causing the evacuation of a neighbourhood in a small southern Wisconsin city.

Residents who evacuated dozens of homes in Watertown following the derailment Sunday afternoon were still being kept away Monday as

**“We won’t rule anything out until we have a chance to do a full investigation.”**

Steven Illich

12 derailed cars were moved to a temporary track. Thirteen of the train’s 110 cars derailed, and 109 of them were carrying crude oil, officials said.

Crews were dismantling and removing one car that was punctured, and it spilled no more than 3,800 litres, Canadian Pacific spokesman Andrew Cummings said. The railroad said the leaking car was sealed, the oil contained and siphoned off and that none of the product

reached any waterways.

It was the second freight train derailment in as many days in Wisconsin. On Saturday, 25 BNSF train cars including tankers derailed, spilling more than 68,000 litres of ethanol along the shores of the Mississippi River in western Wisconsin.

BNSF said railroad crews stopped the leaks from five tanker cars and placed containment booms along the shoreline. No one was hurt. BNSF said it expects the tracks to return to service Monday.

Federal Railroad Administration regional administrator Steven Illich said there was no reason to believe the Watertown derailment was anything but an accident.

“We have no indications that it is criminal. However, again, we won’t rule anything out until we have a chance to do a full investigation,” Illich said. Investigators will look at several key areas, including the track, he added.

Watertown fire chief Gregory Michalek said Monday that residents who evacuated 35 homes following the spill cannot return home until the cleanup is complete.

THE CANADIAN PRESS

### HUMAN RIGHTS

## Tim Hortons fails to squash grievance

A Canadian coffee giant and franchisee have lost their bid to toss out a human-rights complaint lodged by Mexican workers in northeastern British Columbia.

Edxon Chein, Eric Dessens, Rodolfo Lara and Ruben Ramirez were all hired under the Temporary Foreign Worker Program to work in a Tim Hortons franchise in Dawson Creek in 2012.

The workers filed a com-

plaint with the B.C. Human Rights Tribunal against Tim Hortons Inc., TDL Group Corp., a subsidiary that oversees restaurant operations, and franchise operator Tony Van Den Bosch.

They allege they had to endure inferior working conditions, racist and derogatory comments and sub-standard living conditions.

None of the allegations has been proven.

A lawyer for Tim Hortons argued before the tribunal that the company wasn’t connected to the issues raised in the complaint and that Van Den Bosch operates as independent contractor.

The tribunal didn’t make a final decision but ruled against the application to dismiss the case, ordered it to go to a hearing and urged the parties to seek mediation.

THE CANADIAN PRESS

### + ARGUMENT

In its arguments to have the complaints dismissed, Tim Hortons said while it has the authority to set such business terms as prices, menus and branding, it is not involved with employment contracts. The company said franchisees operated as independent contractors.

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**IN BRIEF****Police officer opens fire at compound, kills five**

A Jordanian police officer opened fire on Monday at a regional police training centre in the Jordanian capital of Amman, killing two Americans, two Jordanians and a South African before being shot dead, the Jordanian government spokesman said. The attack also wounded seven people, including two Americans, three Jordanians and a Lebanese, said the spokesman. He added that authorities are investigating whether the attacker's motive was personal or political.

THE ASSOCIATED PRESS

**Dozens electrocuted in Iraqi floods**

Sixty-nine people have died across Iraq over the past two weeks, due to a combination of the country's dilapidated electrical grid and heavy rains that overwhelmed sewer systems, the Iraqi Ministry of Health said. Many people died in their homes as they waded through flooded first-floor rooms. Others were electrocuted in the city streets where electrical lines are haphazard and jerry-rigged, connecting homes to the municipal grid and a network of generators. "We don't expect there to be more killed by electrocution," said a Baghdad municipality official on condition of anonymity. "We're taking the needed measures to control the rain and improve infrastructure," he added.

THE ASSOCIATED PRESS



# SeaWorld to end killer-whale shows

A young girl watches a killer whale in a display tank at SeaWorld in San Diego, Calif. The Florida-based company has seen revenue sink since the release of the documentary *Blackfish* in 2013. THE ASSOCIATED PRESS FILE

**UNITED STATES**

## San Diego park to focus on orcas in their natural setting

SeaWorld will end its orca shows at its San Diego, Calif., park by 2017, its top executive said Monday, saying customers at the location have made it clear they prefer killer whales acting more naturally rather than doing tricks.

CEO Joel Manby told investors that the park — where the

iconic shows of killer whales doing flips and other stunts debuted decades ago — will offer a different kind of orca experience focusing on the animal's natural setting and its behaviours, starting in 2017.

Animal-rights activists called the move a marketing gimmick and want the company to phase out holding whales in captivity at all.

The Orlando, Fla.-based company has seen revenue drop since the 2013 release of the documentary *Blackfish*, which examined how orcas respond to captivity, particularly in the case of Tilikum, a killer

whale that caused trainer Dawn Brancheau's 2010 death by pulling her into a pool at SeaWorld Orlando.

Attendance has dropped the most at its San Diego location, and the decision to end such shows would be limited for now to that park, the original home of Shamu. Shows at its other parks, including in San Antonio and Orlando, will continue.

"The theatrical production of the show in that market is what they wanted to see less of," Manby said of San Diego's customers. "But it's not universal across our properties."

Manby told investors that the new killer-whale attraction will "have a strong conservation message."

"They want the orca experience to be activities the whales do in the wild," Manby said of California customers. "Things they perceive as tricks, they don't like as well."

People for the Ethical Treatment of Animals (PETA) said the move does not go far enough.

"It's captivity that denies these far-ranging orcas everything that is natural and important to them," PETA's Jared Goodman said.

THE ASSOCIATED PRESS

**MYANMAR**

## We win: Suu Kyi's party

The party of opposition leader Aung San Suu Kyi claimed victory Monday in virtually every seat in four states where results of Myanmar's historic parliamentary election were known, signalling a sweep that could give it the presidency and further loosen the military's stranglehold.

The announcement at the headquarters of the National League for Democracy (NLD) in Yangon set off new jubilation among the party's supporters, who already had been celebrating the result of Sunday's vote.

The NLD said it had won 44 of the 45 lower-house seats and all 12 of the upper-house seats



Aung San Suu Kyi  
THE ASSOCIATED PRESS

from the party stronghold of Yangon, Myanmar's biggest city. It also won all 38 seats in Ayeyarwaddy state, all but one of the 40 in Bago and 11 out of 19 lower-house seats and all 10 upper-house seats in Mon state. The trend was expected to continue in Myanmar's remaining 10 states.

Even without official results, it was clear the Union Solidarity Development Party was facing a rout. The party is made up of former junta members who ruled the country for 50 years and as a quasi-civilian government since 2011.

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# Clinton files candidacy

## POLITICS

### Presidential hopeful ready for another run

Democratic presidential front-runner Hillary Rodham Clinton campaigned in New Hampshire Monday with reminders of her decades-long membership in the nation's political power structure. As she filed her official candidacy, Clinton reminisced about the previous times she'd been present for that ritual: twice in the 1990s when her husband, former President Bill Clinton, ran for election and reelection, and once for her own first presidential run, in 2007.

She later touted her longtime relationship with the League of Conservation Voters, a leading environmental group which endorsed her. And promising to continue President Barack Obama's work on climate change, Clinton cast herself as her party's liberal standard-bearer.

Along the way, Clinton took an implicit swipe at rival Sen. Bernie Sanders, a self-described

democratic socialist challenging her for the nomination as a Democrat.

"Well, I'm a Democrat. I just signed papers saying I'm a Democrat. He has to speak for himself," said Clinton.

Sanders was elected to the Senate from Vermont as an independent, but caucuses with the Democratic minority.

Clinton described herself as a "proud Democrat" who would protect Obama's agenda and prevent Republicans from dismantling his signature health care reform law and guard against tax breaks that would benefit the wealthy.

Reprising a line that has become a crowd favourite, Clinton said that Obama hasn't received the "credit he deserves" for helping the U.S. emerge from a deep recession - and made reference to the mantra of her husband, whose come-from-behind second-place finish propelled his candidacy in 1992.

"This election is still going to be about the economy, right? That's what it was about when my husband ran back in '92 in New Hampshire," she said. "That's what it's still about."



Democratic presidential candidate Hillary Rodham Clinton gets ready to sign papers to be on the nation's earliest presidential primary ballot. JIM COLE/THE ASSOCIATED PRESS

Clinton later joined environmentalists in Nashua, where she credited Obama's decision last week to reject the Keystone XL pipeline and recent decisions to

cancel lease sales in the Arctic. Sanders and former Maryland Gov. Martin O'Malley, who are challenging Clinton for the nomination, have questioned

her commitment to environmental causes, noting her reluctance to come out earlier against the Keystone pipeline. THE ASSOCIATED PRESS

## UNIVERSITY OF MISSOURI

### Official resigns over race turmoil

The president of the University of Missouri system and the head of its flagship campus resigned Monday with the football team and others in revolt over what they saw as indifference to racial tensions at the school.

President Tim Wolfe took "full responsibility for the frustration" students expressed and said their complaints were "clear" and "real."

For months black student groups had made complaints, which came to a head two days ago when about 30 black football players said they would not play until the president left. A graduate student also went on a week-long hunger strike.

Wolfe's announcement came at the start of what had been expected to be a lengthy closed-door meeting of the school's governing board.

Wolfe, 57, a former software executive and Missouri business school graduate, was hired as president in 2011.

THE ASSOCIATED PRESS

## BUCHAREST FIRE

### TV editor, photographer is 46th to die after nightclub blaze

A popular television editor and photographer died Monday after a nightclub fire in Bucharest, raising the death toll in the tragedy to 46, a TV station reported.

ProTV news said Teodora Maftai passed away at a hospital in Israel from burns sustained

in the Oct. 30 blaze.

Maftai, 36, was covering a heavy metal concert at the Colektiv basement club when a spark from a pyrotechnics show ignited foam decor.

After the fire, a local restaurant exhibited 23 photos she

took in London in August to raise money for her treatment.

The fire, the deadliest of its kind in Romania's history, sparked mass protests and caused Prime Minister Victor Ponta and his Cabinet to resign last week.

Raed Arafat, an emergency

situations official, said 10 patients have been transported to Britain and Norway for treatment. Thirteen people died over the weekend.

He said 83 people remain hospitalized in facilities, with 21 in a critical or serious condition,

and the rest in stable condition.

Police will question police chief Adrian Ionescu in connection with a probe into how the club was allowed to operate with only a single exit.

Romanians have protested in thousands for six consecutive

evenings, claiming widespread corruption allowed the club to operate without proper permits.

The club's three owners were arrested last week and are being investigated for manslaughter and involuntary bodily harm.

THE ASSOCIATED PRESS

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Fatou Diouf in her garden outside her house in Diamniadio Island in Senegal. The islanders' way of life is fundamentally changing with the climate. JANE HAHN/THE ASSOCIATED PRESS

# Hope sinking off Senegal

WEST AFRICA

## Saloum Delta islands suffer damage from climate change

The place where Fatou Faye's kitchen once stood is now outlined with short branches of mangroves, a small and perhaps futile attempt to prevent the sea from destroying the rest of her house.

The rising sea levels pushing into the waters of Senegal's Saloum Delta threaten to carve the rest of her grey cement home from its foundation, leaving her and 30 other relatives homeless on low-lying Diamniadio Island.

"I am very afraid for my sons and grandsons and for when the next house collapses," says the 60-year-old.

Faye and thousands of others on these tiny islands and villages in this part of West Africa are living on the frontline of climate change: Not only are water lev-

els here now higher than they used to be, droughts and erratic rainfalls lead to floods that carve through the white-shell-lined alleyways, and increased salt levels are poisoning the fresh waters, land and agriculture. The loss of mangrove habitat—driven by nature and human actions — means coastal lines and fish breeding grounds are being erased.

Seynabou Diatta, the president of the local group Let's Work Together, says women used to cut down mangrove trees for firewood. They are now using less, and only taking it from designated areas.

"Without the mangroves we cannot live," she says.

Fishing and agriculture are disappearing, leaving islanders with little income and fears of starvation. Some are making the perilous journey to Europe in hopes to support their families.

Activists working to save these islands in Senegal hope their plight is front and centre at an upcoming UN climate summit in Paris. THE ASSOCIATED PRESS

9/11

### Funeral held for woman who was first responder

Family, officers and friends said goodbye to a police lieutenant who worked at Ground Zero after the Sept. 11, 2001 attacks. Funeral services were held Sunday for New York Police Department Lt. Marci Simms, 51, of Long Island. She died of lung cancer Thursday.

She was one of the thousands of first responders at Ground Zero, and spent more than four months doing rescue, recovery and cleanup. Her husband cared for her as she became increasingly sick. Doctors have been monitoring 9/11 workers for signs that toxins at the site gave people cancer. THE ASSOCIATED PRESS

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## INITIAL PUBLIC OFFERING

# Match.com parent firm going public

The owner of Tinder, Match.com and OkCupid hopes to raise as much as \$466.2 million US in an initial public offering, which would put the value of the dating site company in the neighbourhood of \$3 billion US.

Match Group Inc. disclosed in a regulatory filing Monday that it will price its IPO of about 33.3 million shares between \$12 US and \$14 US per share. The underwriters will have a 30-day option to buy an additional 5 million shares.

The online matchmaker will list on Nasdaq under the symbol "MTCH."

Parent company IAC/InterActiveCorp, controlled by billionaire Barry Diller, has been snapping up online dating sites as the industry grows in popularity. In July it bought Van-

couver-based dating website PlentyOfFish for \$575 million US. The Match Group offers dating products through nearly 50 brands in 40 languages around the world.

About 31 million Americans have used a dating site or app, according to a 2013 Pew Research Center study.

The Dallas company says it has turned a profit in each of the last three years and had \$1 billion US in revenue over the 12 months ended June 30.

Match Group has about 59 million active monthly users, 4.7 million of them paid, using 38 languages in more than 190 countries.

There will be three classes of stock: common stock, Class B common stock and Class C common stock.

THE ASSOCIATED PRESS

# Shell launches Alberta carbon capture project

## CLIMATE CHANGE

## Technology key to ensure oilsands stays in game: CEO

Ben van Beurden would be the first to admit carbon capture and storage (CCS) is not the most alluring technology to look at.

But the CEO of European energy giant Royal Dutch Shell PLC wants CCS — unsexy though it may be in the public's eye — to come as readily to mind when thinking about combating climate change as wind-mills would.

Van Beurden was among the dignitaries to crank a big yellow valve at Shell's oil processing complex in Fort Saskatchewan northeast of Edmonton last week, officially opening its \$1.35-billion Quest project — helped by \$745 million from the Alberta government and \$120 million from



The Quest carbon capture and storage facility in Fort Saskatchewan, Alta, is designed to capture and store more than a million tonnes of CO<sub>2</sub> each year. JASON FRANSON/THE CANADIAN PRESS

Ottawa. Quest — a dizzying labyrinth of tubes and pipes — is attached to Shell's Scotford upgrader, where oilsands bitumen from its mine some 500 kilometres north is transformed into refinery-ready crude.

The aim of the project is to capture a million tonnes of

carbon dioxide annually that would otherwise escape — about a third of the upgrader's total emissions — and store it more than two kilometres underground.

As Shell sees it, CCS is crucial in ensuring the oilsands remain competitive in an increas-

ingly climate-conscious world. Van Beurden said renewables have their place, but given the globe's population-growth trajectory in the coming decades, phasing out fossil fuels entirely is not realistic.

That's where CCS comes in, he said. THE CANADIAN PRESS

## market minute

**DOLLAR**  
75.33¢ (+0.12¢)

**TSX**  
13,482.62 (-70.68)

**OIL**  
\$43.87 US (-42¢)

**GOLD**  
\$1,088.10 US (+40¢)

**NATURAL GAS:** \$2.300 US (-7.1¢)  
**DOW JONES:** 17,730.48 (-179.85)

## IN BRIEF

### Home construction down

The pace of new residential construction slowed in October after a red-hot September. Canada Mortgage and Housing Corp. says housing starts last month was 198,065 units, down from 231,304 in September, primarily because of fewer of multiple-unit project starts in urban areas.

THE CANADIAN PRESS

## ECONOMY

# Canada's growth to slow: Think-tank

Canada's economic growth this year will slow to 1.2 per cent — about half of what it was last year — before gaining strength in the next two years, says a report released Monday by the Organization for Economic Co-operation and Development.

The Paris-based economic think-tank estimates Canada's gross domestic product, which grew by 2.4 per cent in 2014, won't get back to that level for at least two more years.

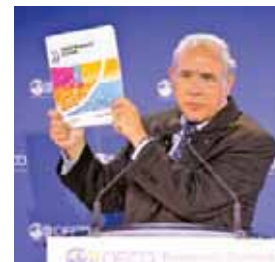
It's estimating Canada's

2016 economic growth at 2.0 per cent and 2.3 per cent for 2017.

By comparison, the OECD estimates the United States will grow 2.4 per cent this year, 2.5 per cent in 2016 and 2.4 per cent in 2017 — outpacing most other G7 countries by a wide margin each year.

The United Kingdom is the only G7 country to come close to the U.S. in each of the three years.

The OECD report also warned that a slowdown in



OECD Secretary General Angel Gurría presents the Economic Outlook in Paris on Monday. AFP/GETTY IMAGES

international trade is "deeply concerning" and could be signalling a new recession for the world's leading economies.

The risk to the global economy centres on slower growth in emerging markets such as China, it added.

China's economic transition away from massive investment in infrastructure and manufacturing has hurt commodity exporters such as Australia, Brazil, Canada and Russia, the report said.

THE CANADIAN PRESS

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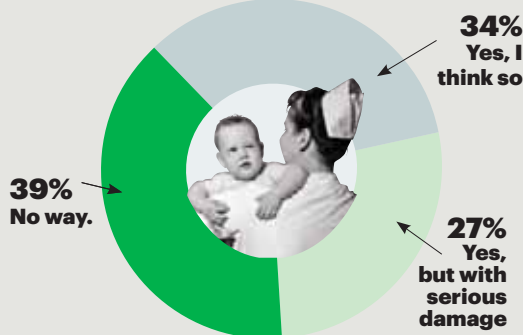
## Metro POLL

# Are you a medical miracle?

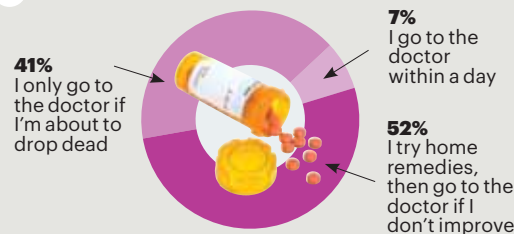
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**Scientists in Nottingham**, England have made a jaw-dropping discovery in an 1,100-year-old book: A recipe for a powerful antibiotic. The medieval brew, which researchers found to be effective in the lab against drug-resistant staph bacteria, was labelled "best medicine," in Old English and calls for onions, garlic, wine and bile from a bovine stomach, left to stew in a warm place for nine days. This miraculous outlier notwithstanding, most folk medicines, herbal remedies and home cures haven't been rigorously tested — but many people choose to use them anyways. We asked our readers: How important have antibiotics been in your life? And do you call the doctor right away when you're under the weather, or do you try your hand at brewing your own "best medicine" at home?

### 1 Would you be alive today if not for antibiotics? (Note: Before effective antibiotics, many common bacterial infections had mortality rates of 10-30 per cent).

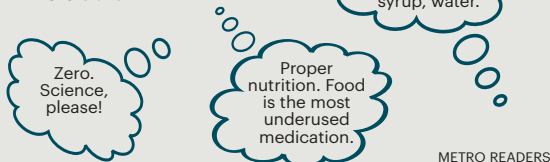


### 2 What do you do when you catch a cold, flu or bug?



### 3 Which home remedies do you rely on?

- 19% Rest and plenty of fluids
- 15% Tea with honey and lemon (for sore throat/cold/flu)
- 14% Salt-water gargle (for sore throat)
- 11% Ginger (for upset stomach)
- 10% Steam (for congestion)
- 7% Herbal remedies
- 6% Massage/meditation
- 6% Essential oils
- 5% Homeopathy/naturopathy
- 2% Prayer
- 5% Other



# No need to freeze bike activities in the winter

## YOUR RIDE

Jay Smith



It's November. The radio declares an end of patio season, we grumble because it maybe might snow and we speak longingly about when the temperature was in the double digits.

And yet for some reason, we give up on cycling, even though it's not winter yet.

Last week, the city pulled bike corrals that provided extra parking in places like Old Strathcona and 124th Street. It declared it was packing up the corrals for winter.

Sure, it's getting colder, and we have to put on different and more clothes than we used to — but it's also not winter yet.

Meanwhile, at my kids' school, on the first day we needed gloves to ride comfort-

ably, the once-pretty-full bike racks were almost completely empty.

The vast majority of these kids aren't walking now; their parents are driving them to school. Predictably, the thoroughfare in front of the school is clogged with idling vehicles, parents often driving distractedly into the bike lane and through crosswalks.

Is the solution for the next six months to stay cocooned in our houses unless we're heading out in our cars?

Isla Tanaka doesn't think so. One of two city employees devoted to the Winter City Initiative, she observes that the "shoulder" seasons (basically late fall, where we're dismayed by summer ending, and early spring, when we're sick of winter) are peak "complaining about the weather" times.

The Winter City Initiative, a 10-year plan now in its third year, wants us to see our winters as a positive part of our

city's identity. Instead of grumbling for half the year about the weather, the initiative aims to help us embrace that our city is covered in snow for half the year.

This transition is particularly stark, Tanaka thinks, since our late summer and fall were so pleasant. But we don't have to give up on the outdoors. "Put on a pair of gloves," she says. "Make sure you have a windproof jacket. Once you get outside, you generate your own heat."

Winter City is collaborating with transportation and community groups like the Edmonton Bicycle Commuters Society to pilot better winter street cleaning for bicycle lanes.

"Winter is the best argument for separated bike lanes," says Tanaka, pointing out that most cyclists avoid streets during the winter purely for safety concerns.

And while the Freezeway,

the super popular ice-skate-to-work idea hatched by Matt Gibbs, isn't going to materialize this winter, at the Victoria Skating Oval downtown, the city is installing a one-kilometre skating loop through the woods. It's not quite a commuter thoroughfare — nor is it designed to be — but it's a way to get around in the winter outdoors. There are a lot more ways to get outside and get around these days that don't involve sitting in a car.

But how to get there? Tanaka admits it's a process but she has seen more positive feedback on social media about winter than in any year previous. "It all has to do with stories. We have great stories as kids of playing outside in the winter; how do we keep telling those stories?"

Jay Smith is a writer who has cycled, walked and run on Edmonton's streets and pathways her entire life.

## ROSEMARY WESTWOOD

metroview

# A nice, well-done, meaningful funeral is tremendously healing

"I often go out of respect," my mum says.

I've just called her on Skype, after going to the funeral of my boss's dad, a man I didn't know. My parents go to acquaintances' funerals a lot, seemingly out of a sense of community, so maybe I get it from them. But not too many other colleagues were there, and it made me wonder about that — about why we go, or don't go, to funerals.

I tell her the respect thing makes sense to me.

"It's so easy not to take the time, to say, 'Oh, my day's too busy, I don't want to do that. Oh, I've got to change out of my stinky dog-walking clothes,'" mum says. "It's taking the time. And I think that it's a recognition of God, really. He created us. Everything comes from Him. I want to be able to go, and show appreciation."

Life is just one step on the way to your eternal home, she says. "So I think it's very positive to acknowledge their work on Earth is done. How wonderful is that?"

"It's just sad for the family and friends that are left behind," she adds, then she drifts out of the Skype screen. "Hold

on, I'm just giving the Steller's jays some nuts."

When she's back, I tell her funerals often make me feel good, in an odd way.

"A really nice, well-done, meaningful service is tremendously healing," she says. "Yes, you're sad that person is gone, but you leave with a sense of hope."

"Every time I go to a funeral, I leave feeling like I've been directed towards the things that matter again," I say.

"Mmm hmmm." "I originally said to someone that I feel like they're uplifting, and I think stand by that," I tell her, "because, funerals are always so full of love, I guess. People appreciating each other."

"Yes. And often time you're standing or sitting beside someone, you have no idea who they are, but you're there for the same reason. It's like going to the cenotaph, remembering and respecting the person's memory."

"Even if it wasn't someone you don't know. I didn't know my boss's dad."

Mum drifts away again, this time to let in the dog.

"It helps you centre your own life, your own mortality," she says when she reappears. "You never know — we're supposed to be joyful, we're supposed to be having fun — you never know when it's going to..."

"... to end."

"Mmm hmmm."

**Every time I go to a funeral, I leave feeling like I've been directed towards things that matter again.**

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# New insights into pedophilia

## DOCUMENTARY

### Czech film explores the role attitudes can play in treatment

**Devon Scoble**  
For Metro | Canada

The phrase 'virtuous pedophile' may seem like an oxymoron, but it's the self-identifying term chosen by a group of men who have committed to never — ever — act on their sexual attraction to children.

According to Dr. James Cantor, senior scientist at Toronto's Centre for Addiction and Mental Health (CAMH) and associate professor of psychiatry at the University of Toronto, pedophilia is like a sexual orientation, inborn and immutable.

"One lesson is the distinction between child molesters, who are criminals that we have to deal with, and pedophiles who are just kind of born — through no fault of their own — with an attraction to children," says Cantor.

The film *Daniel's World*, which premieres in Canada this month, offers more insight from the perspective of the chaste pedophile. The documentary follows Daniel as he meets his sexologist and fellow pedophiles, seeking to understand and suppress his desires.

For Daniel, a young Czech writer grappling with his sexual identity, living an ethical life means forgoing erotic fulfilment and all hope of finding a suitable life partner.

"The most dangerous things are stereotypes," director Veronika Liskova tells Metro via Skype from the Jihlava International Documentary Film Festival. "I believe that if

we know more about the real dangers, then our children can live their lives and we can better protect them."

For Cantor, that means Canada should follow Germany's lead and abolish therapists' mandatory reporting requirements so pedophiles can seek treatment without punishment.

"The only logical thing to do is to help these people live and work in society in a productive way. After 30 years of trying, writing them off as evil hasn't helped. If anything, it's made things worse," he says.

"Now instead of having pedophiles out in society and receiving whatever they need to take the edge off the problem and lead a law-abiding life — psychotherapy, sex drive medication, whatever it is — we have these pedophiles out in society completely unknown and completely unsupervised by anybody. It's absolutely ridiculous."

## ANOTHER PERSPECTIVE

### Story makes abuse survivor 'nervous'

Glori Meldrum is a sexual abuse survivor, and the founder of Little Warriors, a national charity committed to preventing and treating childhood sexual abuse.

"Everybody deserves to tell their story," she says, "but it also makes me a bit nervous. It's not like people monitor their every action — you can't prove they're not doing anything to kids. This film is like, 'He's got to live with all this stuff.' The other piece is people like me and the kids that we treat — you should see what we're living with."

DEVON SCOBLE/FOR METRO



Daniel, left, and a fellow "chaste pedophile" in a scene from the Czech film *Daniel's World*. CONTRIBUTED



**Writing (pedophiles) off as evil hasn't helped. If anything, it's made things worse.**

Dr. James Cantor, Toronto's Centre for Addiction and Mental Health (CAMH)

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# Having a heart attack at 40 years old

## CARDIOVASCULAR HEALTH

### Know your risk and talk to your doctor, experts say

Huffing and puffing in a spin class last February, Elana Trainoff began wondering about the strange sensations she'd been experiencing for several days.

The Toronto resident was short of breath and felt like she had heartburn. She joked to a friend about having one of those "female" heart attacks you read about in women's magazines — the ones that last for days, as opposed to the Hollywood-style scene of a man falling to the floor, clutching his chest. But who has a heart attack at 40?

Trainoff brushed it off and went about her business. The next day — a Saturday — she went snowboarding and then headed to a party. She woke up at 4 a.m. with crushing chest pain.

The pain ebbed and flowed for an hour, but Trainoff soon realized something was ser-

iously wrong.

Her partner at the time drove her to the nearest emergency department. Trainoff was hooked up to an electrocardiogram — a test that checks for problems with the electrical activity of your heart — and within minutes, doctors were rushing to save her life.

Trainoff was experiencing a STEMI, or ST-elevation myocardial infarction, a type of heart attack caused by a protracted blockage of blood supply in the heart. In Trainoff's case, that meant a full-blown, potentially deadly heart attack.

"Your life flashes before your eyes in a heartbeat when you think you have heartburn — and then suddenly you're not sure if you're dying," said the now 41-year-old film and television producer.

While Trainoff was caught off guard by her heart attack, she knew she had a degree of risk because of her family history. Her mother has had an angioplasty, three of her four grandparents suffered from heart disease, two of her cousins have undergone quadruple bypasses, and most members of her extended family have



**At 40 years old, Elana Trainoff suffered a STEMI, or ST-elevation myocardial infarction. "Your life flashes before your eyes in a heartbeat," she says.** TORSTAR NEWS SERVICE

diabetes and take medication for high cholesterol and blood pressure.

"I knew that my genetics were working against me, but when you're younger you don't think it'll impact you for awhile," Trainoff says.

But she's not alone in underestimating the potential risks

hidden in her genetic makeup.

A recent survey by the Heart and Stroke Foundation found 51 per cent of Canadians are aware they have a family history of heart disease or stroke — but a third haven't visited their doctor to talk about the risks.

It's a staggering number since more than 1.4 million

Canadians have heart disease, which is also one of the leading causes of death in Canada, claiming more than 33 thousand lives every year.

Dr. Jacob Udell, a cardiologist at Women's College Hospital and the Peter Munk Cardiac Centre at Toronto General Hospital, says physicians generally

don't consider younger patients at high enough risk to routinely screen for high blood pressure.

But, he says, "If those people had a family history we'd be taking that much more seriously."

The key is finding out what, if any, your genetic risk factors are — and bringing that up with your family doctor.

He also recommended using the Heart and Stroke Foundation's Risk Assessment, an online tool that, through a series of confidential questions, helps determine your risk for heart disease and stroke.

If you have a family history, your physician can recommend lifestyle changes and medications, Udell says.

Trainoff quit smoking and started exercising regularly, is eating a healthy, balanced diet and practicing meditation. She is also taking five different medications.

Her advice to others is to take genetic risk factors seriously and make changes early.

"It doesn't matter how old you are," Trainoff says. "I think there's a misconception that heart attacks only happen to old people — but they don't."

TORSTAR NEWS SERVICE

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# Diabetes test plugs into smartphone

## RESEARCH

### New diagnostic tool can detect disease in saliva

A few days ahead of World Diabetes Day (on Nov. 14), information has been revealed about a new device, currently in the development phase, but which could improve early detection of the condition, particularly

in disadvantaged communities. This new device, which has been developed by a multidisciplinary team from the U.S. and Mexico, has been primarily designed to improve early detection in people on low incomes who do not always have access to healthcare. Scientists at Tec de Monterrey in Mexico, in partnership with colleagues at the University of Houston, say they have developed a device that is able to detect type 2 diabetes in saliva (or another biological marker).

Avoiding the use of needles,

this micro-cartridge that is adaptable to a smartphone tells the user whether they have type 2 diabetes in just a few seconds.

The result is positive if a compound present in saliva reacts by becoming fluorescent.

"We wanted a device which could identify a biomarker in a sample of saliva, and it had to emit fluorescent light so that a phone camera could record it," explained the project coordinator, Dr Marco Antonio Rite Palomares.

AFP



Researchers say a new diabetes test, which is not yet on the market, would be as easy to use as a pregnancy test. AFP

## Rose Reisman EAT THIS



You know you're going to eat fast, so next time choose this not that

### THIS WEEK: Extreme Pita

Pitas are a fast food fave, with this traditional Mediterranean and Middle Eastern dish found in food courts just as often as burgers and subs. One assumes that it's always a healthier alternative, as we're loading them up with an endless mixture of veggies, protein and zesty sauces. Extreme Pita is a popular choice, and while there are many ways to keep your pita healthy and tasty, not all of these combinations are so nutritious!

#### ✓ PICK THIS



#### Thai Chicken Pita (regular)

##### Ingredients

Asian slaw, mushroom, red onion, romaine lettuce & Sweet Chili Thai sauce

**Calories** 410

**Fat** 5g

**Saturated fats** 3g

**Sodium** 1266mg

#### ✗ SKIP THIS



#### Chicken Shawarma Pita (regular)

##### Ingredients

Tomatoes, pickles, tabouleh, hummus & garlic sauce

**Calories** 544

**Fat** 25g

**Saturated fats** 4g

**Sodium** 1611 mg

#### ⚖️ HERE'S WHY



As much fat as four quarter chickens from Swiss Chalet (skinless, white meat).

Shawarma traditionally consists of marinated strips of chicken, usually the thigh, that when shaved are doused with the fat from the meat. The meat is also heavily seasoned, which leads to high sodium levels. If that wasn't indulgent enough, slather your shawarma with hummus and oily garlic sauce and you've got as much fat as four quarter chickens from Swiss Chalet. Instead choose the Thai Chicken Pita, which is a 1/5 of the fat, with its lower fat dressing and array of veggies.

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Kendra, Therapeutic Recreation diploma program alumna

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## Train, bus may be healthiest, new study says

It turns out Justin Trudeau was ahead of the curve when he took the bus to his swearing-in earlier this month. Taking the bus or train to work may be healthier than walking, according to a new study published Sunday by the American Heart Association.

"Bus/train commuters had even lower rates of diabetes, high blood pressure and overweight than the walkers or bikers," according to the findings, which were presented at the AHA's

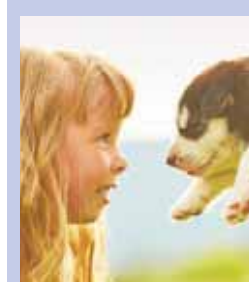
Scientific Sessions 2015 meeting this weekend.

The study, which was conducted in Japan, found that compared to drivers, public transport riders were 44 per cent less likely to be overweight, 27 per cent less likely to have high blood pressure and 34 per cent less likely to have diabetes. In a counterintuitive result, improved health was also seen in comparison with walkers and bikers, researchers said. They suggested that one

explanation could be that commuters actually walked farther to and from the train or bus station than people who biked or walked to and from work.

"If it takes longer than 20 minutes one way to commute by walking or cycling, many people seem to take public transportation or a car in urban areas of Japan," said study author Hisako Tsuji, director of the Moriguchi City Health Examination Center in Osaka, Japan. AFP

## + HEALTH BRIEFS



### Early dog exposure may lower asthma risk, Swedish researchers say

Swedish researchers have looked at data on more than one million Swedish children and found that those who grew up with dogs had a 15 per cent lower risk of asthma.

Building on research that shows a child's risk of asthma drops by half if he or she grows up on a farm, the new study confirmed the "farming effect" and also found that growing up with dogs could be enough to make a difference.

The size of the data set allowed the researchers to account for factors such as area of residence or asthma in parents. AFP

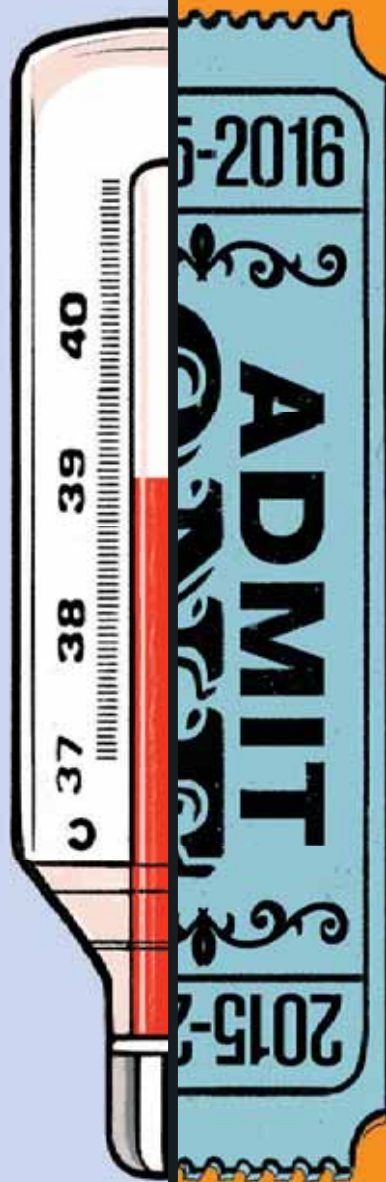


Japan's transit commuters are healthier than people who walk to work, a study says. ISTOCK



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In Saturday's episode of SNL in which Rachel Maddow (Cecily Strong) interviews Hillary Clinton (Kate McKinnon). NBC/SCREENSHOT

JOHANNA SCHNELLER **WHAT I'M WATCHING**

## Hillary-ous SNL impersonations

**SATURDAY NIGHT LIVE, NOV. 7 (GLOBAL/NBC)**

Hillary Clinton (Kate McKinnon), in a pantsuit and helmet hair, charges in for an interview with Rachel Maddow (Cecily Strong).

"Excuse me while I try to sit casually in this chair," McKinnon says, contorting herself into a tortured "relaxed" pose. Strong asks her, "Introvert or extrovert?" and McKinnon replies, "I'm an extrovert because I love meeting people, and connecting with them, and smiling

with them. But I'm an introvert because no, I don't."

McKinnon's Clinton is the best thing about SNL this season. Not because she's an uncanny physical match, the way Tina Fey was for Sarah Palin, but because she has spotted, and plays up, something uncomfortable in Clinton's manner: her desperate desire to appear chill yet in control. McKinnon does that by contrasting a big, forced laugh with crazy/glittering/determined eyes; her Hillary is always an inch away

from veering off the rails.

The great SNL political impressions are always about distilling a person to his/her essence: Dana Carvey nailed George H. W. Bush's faux-toughness in the phrase, "Nah gon dewit." Will Ferrell captured George W. Bush's blank-eyed terror. Fey conveyed Palin's utterly unearned self-confidence. When Amy Poehler was doing Clinton (back when she was competing against Obama), Poehler zeroed in on her barely concealed outrage that she

wasn't taken seriously.

Clinton, very consciously, has changed her manner for this election, and it's that self-consciousness, that determination to do it better — albeit through gritted teeth — that McKinnon is mining so well. I'm looking forward to a long campaign.

**Johanna Schneller** is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

### PROJECT RUNWAY

## Junior franchise highlights teen talent

Tim Gunn said he was apprehensive about participating in a bite-size version of Project Runway featuring teen designers.

"I thought," he recalled in a recent interview, "will I have to soft-pedal my critiques? Is it all going to be watered down? Are they going to be emotional wrecks and very fragile?"

Gunn was pleasantly surprised by the freshman class on Project Runway Junior, which premieres Thursday at 9 p.m. EST on Lifetime. The mentor, former educator at the Parsons design school and adult wrangler on the long-running Project Runway called the new show's young contestants lovable, sweet to each other and respectful of the process swirling around them.

"Compared to the designers on a regular season of Runway, these teens... accept responsibility for their actions," Gunn said. "There's never any factor that comes into their interaction with the judges or with me about why this isn't going as

well as they had wanted it to go, versus regular Runway when there's nothing but excuses."

That's saying a lot, considering the age range — 13 to 17 — among the 12 contestants from around the country.

Gunn saw bits of his younger self in them all, as did his co-host, model Hannah Davis, and two of the three judges, Christian Siriano and Kelly Osbourne. Aya Kanai. The executive fashion editor at Cosmopolitan and Seventeen magazines, rounds out the judges' crew.

"These young people... are all loners. There's no one like them who comes home from school and plays with a sewing machine," Osbourne said. "They've been put in a room of their peers, with kids just like them, for the first time in their life."

The Dec. 10 episode will feature a video appearance by first lady Michelle Obama to announce a challenge supporting education for girls.

Bella Thorne is a guest judge for the final challenge.

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## 5

# ADVENT CALENDARS FOR THE DECEMBER COUNTDOWN

Ah, the advent calendar. This Christian tradition for counting down the days until Christmas is now more of a secular pursuit, aimed to increase the anticipation for Dec. 25. And it's moved beyond flimsy cutout doors revealing cardboard tasting chocolates. This year's lineup of treats gets a little more sophisticated — from short stories to high-end whisky. **TORSTAR NEWS SERVICE/METRO**



## 1 The Whisky Advent Calendar

What better way to get ready for multiple familial engagements than by taking a daily shot of whisky? As you count down to Dec. 25, you'll encounter a rare 50-year-old Scotch, an award-winning Japanese whisky and the World's Best Blended Whisky. Some of these samples are worth over \$700 a bottle! **Price:** \$250. **Available at:** masterofmalt.com

## 2 Short Story

Voracious readers will love this collection of two dozen short stories from writers across North America, including Pasha Malla, Jess Walter, Richard Van Camp and Heather O'Neill. Each chapbook is sealed, so every story is a surprise. Orders accepted until Nov. 13. **Price:** \$50 **Available at:** shortstoryadventcalendar.com



## 3 Ciaté London Mini Mani Month

Sure, no one has time to change their nail polish every day, but you could with this 24-piece set of nail goodies from Ciaté London. This calendar features miniature nail polish in a variety of shades and glittery finishes, a nail file and other treatments. **Price:** \$71 **Available at:** sephora.com



## 4 David's Tea 24 Days of Tea

If curling up with a cup of tea is the ideal winter activity, this will warm the heart. Each of the 24 drawers features a tin of David's Tea classic and festive flavours, including mulled wine, gingerbread cookie and banana nut bread. Available in stores and online. Allow three to four business days for delivery. **Price:** \$40 **Available at:** davidstea.com



## 5 Lego Star Wars

Let the Force be with you this holiday season. Behind each door are Lego pieces such as the Millennium Falcon, an A-wing Starfighter, and C3PO decked out as Santa. **Price:** \$49.95 **Available at:** Lego retail stores and major toy stores.



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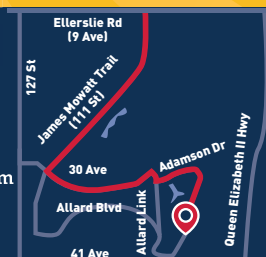
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## TRACK AND FIELD

Russia's status as a sports superpower and its participation in track and field events at next year's Olympics came under threat Monday after a report accused the Russians of widespread, state-supported doping reminiscent of the darkest days of cheating by the former East Germany.

The findings by a commission set up by the World Anti-Doping Agency were far more damaging than expected. It means that two of the world's most popular sports — soccer and track and field — are now mired in scandals that could destroy their reputations.

The WADA investigation's findings that Russian government officials must have known about doping and coverups, with even its intelligence service, the FSB, allegedly involved, threatened to severely tarnish President Vladimir Putin's use of sports to improve his country's global standing.

Russia hosted the last Winter Olympics in Sochi in 2014 and will hold the next World Cup in 2018. "It's worse than we thought," said Dick Pound, an International Olympic Committee veteran who chaired the WADA probe. "It may be a residue of the old Soviet Union system." The 323-page report said that in Russia, "acceptance of cheating at all levels is wide-



**Canadian Dick Pound, chairman of WADA's Independent Commission, presents the findings of his Commission's Report surrounding allegations of doping in sport, during a news conference, in Switzerland on Monday.** SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

spread." Among its findings:

- Moscow testing laboratory director Grigory Rodchenkov ordered the “intentional and malicious destruction” of 1,417 doping control samples to deny evidence for the investigation.
- FSB agents regularly visited the lab, routinely questioned its staff and told some of them not to co-operate with WADA as part of “direct intimidation and interference by the Russian state” with the lab’s work.
- FSB agents even infiltrated Russia’s anti-doping work at the Sochi Olympics. One witness told the inquiry that “in Sochi, we had some guys pretending

to be engineers in the lab, but actually they were from the Federal Security Service."

- “Widespread inaction” by track and field’s governing body, the International Association of Athletics Federations, and Russian authorities allowed athletes suspected of doping to continue competing.

The WADA commission recommended that WADA declare the Russian athletics federation “noncompliant” with the global anti-doping code, and that the IAAF suspend the federation from competition.

The IAAF responded by saying it will consider sanctions against Russia, including a

possible suspension that would ban Russian track and field athletes from international competition, including the Summer Olympics in Rio de Janeiro. IAAF President Sebastian Coe gave the Russian federation until the end of the week to respond.

"If they are suspended — and it sounds like the IAAF is moving in that direction already — and they are still suspended, at the time of Rio, there will be no Russian track and field

## Drug cheats robbed runner Stellingwerff of final place

It was a moment stolen from Hilary Stellingwerff. The Canadian missed qualifying for the women's 1,500-metre final at the 2012 London Olympics by just one spot — a final that, as it turns out, was full of drug cheats.

Since those Games, three of the finalists — including the gold medallist — have been disqualified for doping infractions. And Russia's fourth-place finisher Tatyana Tomashova had already served a doping suspension.

"I was so gutted in London to miss the final by just a hair, because I knew that there were girls in there that

shouldn't be," Stellingwerff said. And while the World Anti-Doping Association's report Monday of doping and coverups is another black mark on the sport, Athletics Canada's head coach Peter Eriksson said it's good news for Canada. "Because we're not a country that cheats, we're a country that can stand up through all of this fog and say 'Look at us, we're a clean country, we're doing X, Y and Z'" Eriksson said.

Canada won an unprecedented eight medals at the world championships in August, proof, say some, that a crackdown on doping is showing in results.

THE CANADIAN PRESS

athletes there," Pound said.

He added that Russia's doping could be called state-sponsored. "They would certainly have known," Pound said.

Russian Sports Minister  
Vitaly Mutko, whose min-



**WADA's Richard Pound says Russian minister for sport Vitaly Mutko, left, and Russian president Vladimir Putin and his government must have known about the widespread doping and coverups.**

istry was accused by the WADA probe of giving orders to tamper with anti-doping tests, insisted Russia's problems are no worse than in other countries. Russia is being persecuted, he said, telling Interfax: "Whatever we do, everything is bad."

He threatened to cut all government funding for anti-doping work, saying "if we have to close this whole system, we would be happy to" because "we will only save money."

Mutko denied any wrongdoing to the WADA panel, including knowledge of athletes being blackmailed and FSB interference. Pound said Mutko must have known.

THE ASSOCIATED PRESS

## Fired Flint Firebirds' coaches reinstated after owner admits 'mistake'

The owner of the Flint Firebirds junior hockey team has apologized for firing his coaching staff over the weekend, saying he made an "irresponsible mistake."

Rolf Nilsen says in a statement that the team took immediate steps today to reinstate the coaches after every member of the team handed in his jersey and quit in protest on Sunday.

According to multiple

reports, Nilsen fired head coach John Gruden and assistants Dave Karpa and Petr Jonak because his son — defenceman Hakon Nilsen — was not receiving enough playing time. Ontario Hockey League commissioner David Branch travelled to Flint today to meet with all parties. Nilsen says the team is fully cooperating with the league.

The Firebirds moved to Flint this season after an 18-year run in nearby Plymouth, Mich.

THE CANADIAN PRESS

**MLB**

**Josh Donaldson**  
(GETTY IMAGES)

Toronto Blue Jays third baseman Josh Donaldson was voted major league player of the year and AL outstanding player in the annual Players Choice Awards, and Washington slugger Bryce

Harper was picked as the NL outstanding player.

Baltimore outfielder Adam Jones won the Marvin Miller man of the year award, given to a player who most inspires others through his efforts on and off the field. Jones hosted a clinic for inner city youth after unrest in Baltimore this year and assists the James Mosher Little League, the YMCA of Central Maryland, the Boys

and Girls Club of Baltimore and Reviving Baseball in the Inner Cities.

Houston ace Dallas Keuchel was voted the AL's outstanding pitcher, and Los Angeles Dodgers right-hander Zack Greinke the NL's outstanding pitcher. Astros shortstop Carlos Correa and Chicago Cubs third baseman Kris Bryant were the top rookies, while Texas slugger Prince Fielder and New York Mets pitcher Matt Harvey were the top comeback players.

Balloting was conducted in mid-September by the Major League Baseball Players Association and winners were announced Monday. The awards began in 1992. THE ASSOCIATED PRESS



# Stamps take on Lions on road to Cup repeat

CFL SEMIFINALS PREVIEW

## Ray is back for T.O., Hamilton without hurt QB Collaros

The Calgary Stampeders begin their Grey Cup title defence this Sunday, hosting the B.C. Lions in the CFL West Division semifinal. The Stamps won both meetings between the teams this year, including a 28-7 decision at B.C. Place Stadium last weekend.

Backup Drew Tate threw two TD passes while Anthony Parker had four catches for 122 yards and a touchdown. Rookie Lemar Durant had three catches for 45 yards but two were for TDs.

B.C. also rested some of its starters, including quarterback Jonathon Jennings as veteran Travis Lulay drew his first start since Sept. 3. Running back Andrew Harris, a Winnipeg native, had only eight carries for 42 yards but cracked the 1,000-yard plateau for the second time.

Calgary's Eric Rogers led all receivers this year with 1,448 yards on 87 catches, 10 for touchdowns. And once again, a B.C. Lion led the CFL in tackles. Adam Bighill registered 117 after teammate Solomon Elimimian had a record 143 last season in becoming the first pure defensive player to claim league MVP honours.

In the East Division, Toronto visits the Hamilton Tiger-Cats on Sunday, with the winner facing the Ottawa Redblacks in the conference final at TD Place on Nov. 22.

Hamilton was just 5-4 at home this year. The Ticats opened with three consecutive wins at Tim Hortons Field to improve to 10-0 there before losing 26-23 to Montreal on Aug. 27.

Since then, Hamilton has gone 2-4 at the facility but is 3-0 there all-time versus Toronto. The Ticats have been especially dominant this year, outscoring the Argos 76-30 in their two home victories against their arch rivals.

Toronto was also 0-2 in relocated games at Tim Hortons Field this year. Overall, the Argos are 0-5 there and have been outscored 150-59.

But the Argos do have some reasons for optimism.

They head into the playoffs on a positive note, snapping a three-game losing streak Friday with a 21-11 home win over Winnipeg in their final game at Rogers Centre. Veteran Ricky Ray looked sharp in just his second start of the season and the three-time Grey Cup winner will be under centre Sunday.

Also, Toronto won't have to face quarterback Zach Collaros. Collaros led



Travis Lulay. JONATHAN HAYWARD/THE CANADIAN PRESS

surgery.

Hamilton is coming off two straight losses to Ottawa, including a 44-28 decision at TD Place on Saturday. Redblacks quarterback Henry Burris completed 28 of 37 passes for 368 yards and six touchdowns.

THE CANADIAN PRESS



Calgary QB Drew Tate  
THE CANADIAN PRESS

the Tiger-Cats to all of their home wins against his former team but is recovering from season-ending knee



**NHL ONLY GAME IN TOWN** Arizona Coyotes' Mikkell Boedker, left, is defended by Anaheim Ducks' Jakob Silfverberg during NHL action Monday in Anaheim. It was the only game played in the league Monday night, as most eyes were on the Hockey Hall of Fame inductions in Toronto. For game result, go to [metronews.ca](http://metronews.ca). THE ASSOCIATED PRESS/JAE C. HONG

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## RECIPE Lemon Thyme Spatchcock Chicken



PHOTO: MAMA VISIONE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

- 1 bulb of garlic, cloves peeled
- 1 Tbsp olive oil

### Directions

1. Preheat oven to 425 F.
2. In a small bowl, whisk olive oil, lemon juice, thyme and oregano. Place chicken breast side up on a large roasting pan and brush herb mixture over the entire surface of the chicken. Season with 1 Tbsp salt and 1/2 tsp pepper.
3. Meanwhile, in a large bowl, toss potatoes, garlic cloves, oil and 1/2 tsp salt. Scatter the potatoes and garlic around the body of the chicken in a single layer.
4. Roast in the oven for 40 to 45 minutes, or until a thermometer inserted into the thickest portion of the breast reaches 165 F. Remove chicken from oven and let rest for 10 minutes. Carve and serve with potatoes and a salad.

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Spatchcock is a butchering method that removes the backbone so the bird can be flattened; allowing for a more even roasting and, the best part, less cook time. A butcher can remove the bone or try one of the great online videos demonstrating this easy method.

### Ready in

Prep time: 15 minutes  
Cook time: 40 minutes

### Serves 6

### Ingredients

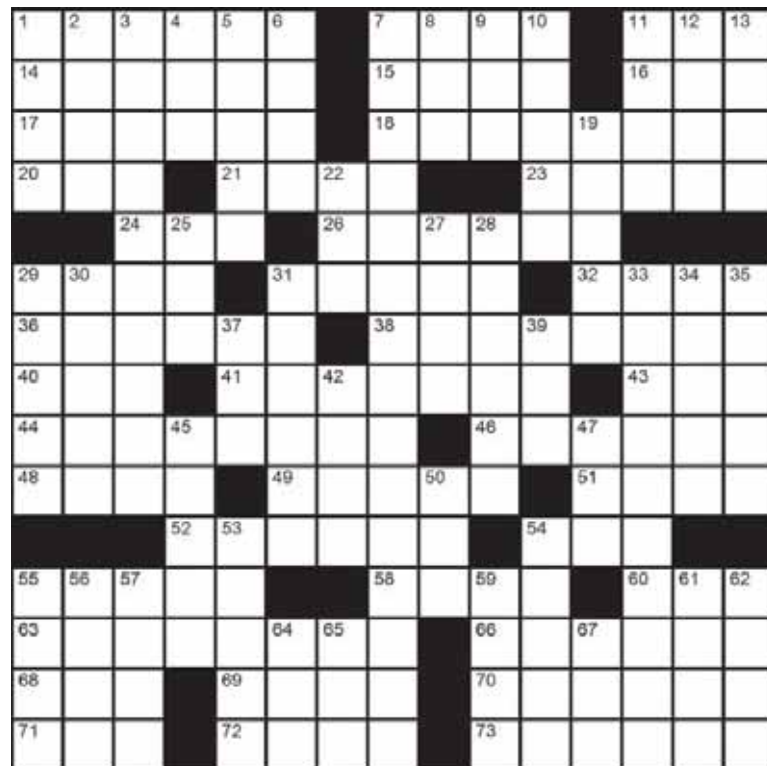
- 1 spatchcock Chicken
- 1/4 cup extra virgin olive oil
- Juice of one lemon
- 1 Tbsp dried thyme
- 1 tsp oregano
- Salt and pepper
- 1 lb new potatoes, halved

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Hindu festival of lights
7. Sotheby's offers
11. Suitcase
14. Leisurely music tempo
15. CNN's "\_\_\_ Burnett OutFront"
16. Mozart opera, L'\_\_\_ del Cairo
17. Discover
18. Lighting for Austin Powers: 2 wds.
20. Mailing encl.
21. Mr. Malden
23. Celebrations
24. Real estate abbreviation
26. Atomic Number 56
29. Batman's butler's namesakes, shortened
31. \_\_\_ mignon (Steakhouse order)
32. Drop
36. Winnipeg-born actress Ms. Durbin
38. Cape Breton Island: 'Gateway to the Highlands' area on the Cabot Trail
40. Feel yucky
41. In ancient Greek mythology, hunter who got turned into a hunted-by-hounds stag
43. Feminine pronoun
44. Magician's creation
46. Scottish recording artist Sheena
48. Carpentry tool
49. Comic actor
- Mr. Johnson's
51. River islets
52. Recently:



2 wds.

54. Corporate executives, e.g.
55. The Great Wall of \_\_\_
58. Prefix meaning 'Wine'
60. Visited
63. Shaw media specialty channel that airs classic TV shows

66. "Let's Wait \_\_\_" by Janet Jackson
68. Twi'\_\_\_ (Humanoid species in the 'Star Wars' universe)
69. 'Persist' suffix
70. Like a leaf or marble
71. Chicago's li'l state
72. Hershey's choco-

late/toffee bar  
73. "C'mon Everybody" rocker Mr. Cochran's

### DOWN

1. Fathers, to kids
2. Brain wave
3. Hamilton = City of \_\_\_
4. "The \_\_\_ of Ada-

- line" (2015)
5. Phrasings in jazz improv
6. Shred
7. Free-standing telecommunications structure in Moncton: 3 wds.
8. "\_\_\_ & Abby" (2006) starring Chris Messina

9. Segment [abbr.]
10. Confusion-causing mess
11. Ship
12. Highest point
13. Spaces
19. Clunky car
22. MLB statistic
25. Butterfly logo co.
27. \_\_\_-Levesque (Boulevard in Montreal)
28. "\_\_\_ without saying..."
29. Soaps actress Deborah
30. Priestess in Georges Bizet opera The Pearl Fishers
31. Spa treatment
33. Cree Nation in Quebec which is home to the province's largest freshwater lake
34. "The Kid \_\_\_ Tonite" by Loverboy
35. And so, plurally
37. 'Street's Discipline' rapper
39. \_\_\_ whim
42. Afghanistan's \_\_\_ Bora
45. Once \_\_\_ time
47. Tree's treat
50. Shoe width
53. Most liked things, fun-style
54. Pledged
55. Nero's 451
56. Scoundrel
57. Alphabetic quartet
59. Place for pews
61. Sailor's sheltered side
62. Ties the knot
64. Pen's blue stuff
65. Green
67. Concealed

## ★ IT'S ALL IN THE STARS by Sally Brompton

♈ **Aries** March 21 - April 20

You may be tempted to kick up a fuss because someone has let you down. Is it worth the effort? Life is an ordeal only if you make it one.

♉ **Taurus** April 21 - May 21

It is easy to point out the flaws in another person's belief system but does it make a difference? Probably not. Some people can be incredibly stubborn (look in the mirror!) so don't waste time or energy on them.

♊ **Gemini** May 22 - June 21

You may be tempted to play things by ear today but the planets warn you are likely to regret it. You will do best if you have a specific aim and a workable plan that will get you from A to B by the shortest route.

♊ **Cancer** June 22 - July 23

Do you tell a friend what they want to hear or what they need to hear? It's best to get bad news over with quickly. Don't worry too much about their feelings — they'll get over it.

♊ **Leo** July 24 - Aug. 23

Try so hard to make a good impression and you could end up turning people against you. Don't pretend to be someone you are not because others will see through your act.

♊ **Virgo** Aug. 24 - Sept. 23

You don't have to try too hard but you do have to make some sort of an effort. Where money is concerned you should check each and every detail twice, because errors could have costly consequences.

♊ **Libra** Sept. 24 - Oct. 23

Your confidence may be high these days but don't take things for granted. It's a great time to make plans but remember to be flexible — even the best laid plans can change at the last moment.

♊ **Scorpio** Oct. 24 - Nov. 22

Don't trust the person who tries to convince you that you owe them in some way. You feel good about life but that does not mean you have to give what you own away.

♊ **Sagittarius** Nov. 23 - Dec. 21

There are things going on behind the scenes that you won't know about until later in the month. You are still moving in the right direction, so take life as it comes.

♊ **Capricorn** Dec. 22 - Jan. 20

The more people say you should trust them the more you should be on guard. It is unlikely they are deliberately trying to mislead you but they themselves may have been misled.

♊ **Aquarius** Jan. 21 - Feb. 19

Lady Luck will come knocking and you should grab what she has to offer with both hands. You may be tempted to wait for a better deal but what if it doesn't come?

♊ **Pisces** Feb. 20 - March 20

The more time and energy you have put into something the more reluctant you will be to give up on it but the break needs to be made. Clear a space in your life and something better will come to fill it.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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